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## Analysis of Self: A Personal and Professional Journey

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Analysis of Self: A Personal and Professional Journey

A Project Presented to  
the Graduate Faculty of  
Minnesota State University Moorhead

By

Lara Overbeck

In Partial Fulfillment of the  
Requirements for the Degree of  
Master of Science in  
School Psychology

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## **Abstract**

To satisfy graduation requirements, an Analysis of Self paper was completed. The purpose of the analysis of self is to take an in-depth look at how my background and time in the counseling program has shaped and impacted my professional identity. In this paper, I discuss how my time in the counseling program has impacted me, both personally and professionally. I also explore future career goals and identify plans for continued development.

*Keywords:* Analysis of self, professional identity, growth